



Week 5: Walking Tips & Food Facts

How many calories will I burn walking?

Calories burned per hour at different body weights Source: http://hdcs.fullerton.edu/ewp/hpp/wff/caloric/ .					
Walking	110 lbs.	125 lbs.	150 lbs.	175 lbs.	200 lbs.
Strolling: less than 2 mph	100	114	136	159	182
Moderate pace: 3 mph	175	199	239	278	318
Brisk pace: 3.5 mph	200	227	273	318	364
Very brisk pace 4.5 mph	225	256	307	358	409
Moderate pace: 3 mph, uphill	300	341	409	477	545

Beginner's 12 Week Walking Schedule

WEEK	SUN	MON	TUES	WED	THU	FRI	SAT
5	20 min	30 min	30 min	20 min	30 min	20 min	35 min

Safety First

Walking outdoors is a great way to enjoy the spring weather while getting your exercise at the same time. Take note of the following safety rules to keep your outdoor walks trouble-free and enjoyable.

- ❑ Always walk in the direction of oncoming traffic and try to wear bright or reflective clothing. Drivers may not be on the look out for walkers so making yourself visible is crucial.
- ❑ Walk with a friend or training partner. This not only increases your safety but provides you with extra motivation and competition.
- ❑ Carry an ID and cell phone in case of an emergency.
- ❑ Try to vary your routes and the time of day that you walk. This will keep you safer and make your walks more interesting.
- ❑ Finally, leave the headphones and MP3 player at home. It's important to be alert to your surroundings such as, traffic, dogs, or the sounds of other people around you.



Visit www.inshape.in.gov for more online advice from First Lady Cheri Daniels.

Busting Food & Beverage Myths



Myth #1 - Only Fresh Fruits & Veggies Count

Canned, frozen and dried fruits and vegetables are just as nutrient-rich as their fresh counterparts. They contain vitamins, minerals, fiber, and powerful disease-fighting phytochemicals. (Easy on your food budget, too.) Maximize nutrients by choosing canned fruits packed in juice or light syrup and plain frozen fruits/vegetables instead of those in calorie-laden sugar, cheese and butter sauce. Rinse canned vegetables to reduce sodium.

Myth #2 - Only Plain Water Hydrates

All beverages hydrate because they are high in water content. Lemonade, milk, sports drinks, soft drinks, tea/coffee, juice and flavored/plain water all contribute toward hydration. Use the [Hydration Calculator](#) to determine your daily fluid needs. Keep unnecessary calories under control by choosing low and no calorie varieties and 100% juices with no added sugar.

Did You Know?

- ❑ Eight ounces of tomato/vegetable juice counts as *2 vegetable servings* for the day. Plus, it is rich in antioxidants, vitamins and minerals and provides valuable hydration.
- ❑ Reduced fat *chocolate milk* counts as a calcium-rich dairy serving with potassium and protein for post exercise recovery and provides valuable hydration.

The Community Corner

Fourth Annual Marine Corps League Armed Forces Day 5K Run/Walk

When: Saturday, May 17th - Registration @ 7am Eastern, Race @ 8am

Where: Jasper, IN @ Jasper Youth Sports Complex [Event details](#)

Cystic Fibrosis Foundation: GREAT STRIDES Walk

When: Saturday, May 17th @ 9am

Where: Indianapolis @ Military Park [Click for Details](#)

2008 Mercy Foundation Health & Wellness Challenge: 3 Mile Run/Walk

When: Saturday, May 17th @ 6pm

Where: Indianapolis @ Military Park

Registration: At the Shelter House near West St. in Park 3:30pm - 5:30pm [Click for Details](#)

Cystic Fibrosis Foundation: GREAT STRIDES Walk

When: Sunday, May 18th @ 12:30pm

Where: Plainfield @ Hummel Park [Click for Details](#)

Cystic Fibrosis Foundation: GREAT STRIDES Walk

When: Sunday, May 18th @ 12:30pm

Where: Columbus @ Mill Race Park [Click for Details](#)

The Fort Wayne Arthritis 1 or 3 Mile Walk

When: Sunday, May 18th @ 1:45pm

Where: Franke Park Pavilion #2

Contact: Ginger Dodd 260.672.6570 [Click for Registration, etc.](#)

The first 50 people registered receive Zoo passes. Canines welcome!

The American Lung Association of Indiana: Lungs in Motion Walk/Run

When: Friday, May 30th @ 6pm

Where: Indianapolis, White River State Park

What: A motivational rally, a 5K walk/non-competitive run along the downtown canal, and an after party at White River State Park consisting of a summer concert, food and family friendly entertainment.

[Click here to register, view teams or donate.](#)

Mishawaka (South Bend) Marathon/Half Marathon/Fitness Walk

When: Saturday, May 31st

What: Marathon @ 6am, 5K Run @ 7:15am, 1/2 Marathon @ 7:30am, 10K Run @ 7:45am, 5K Fitness Walk @ 9am [Click for Details](#)

BGI's 25-Mile Challenge

In honor of National Bike Month and BGI's 25 years in business, BGI encourages everyone to bike (at least) 25 miles in May. If you conquer the 25-Mile Challenge, you'll have the chance to be rewarded with cool cycling gear (determined by random drawing of all participants).

Deadline: June 1st [Click for Details](#)

INShape In Historic Indiana Events

The Department of Natural Resources Division of Historic Preservation is sponsoring a series of statewide walks and other events highlighting Indiana historical landmarks throughout the month of May. Please [click here](#) for a calendar of events.